



Be Smart provides FREE Services for Men & Women

- Annual family planning exam
- Most types of birth control
- Help planning when to have a baby
- Testing for STDs & pregnancy
- Voluntary sterilization
- Available through some private doctors or your public health department

For services not covered by this program, call your local DSS for a list of providers who offer affordable or free care.

Be Smart.

is brought to you by
North Carolina's
Division of Medical Assistance
and
Division of Public Health



Family Planning Medicaid is a waiver program that will end October 1, 2010, unless it is extended.

NC DHHS is an equal opportunity employer and provider.
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Contact your local Department of Social Services

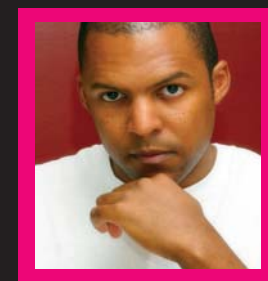
It's Up to You.

Ask how you can Be Smart

1-800-367-2229

<http://www.dhhs.state.nc.us/dma>

Be Smart. Be Ready.



Are you ready to be a parent?

Have you had a family planning exam lately?

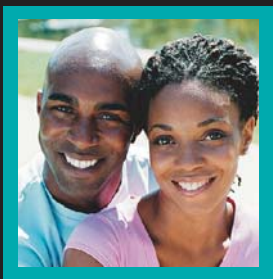
Have you had all the children you want to have?

It's Up to You.

FREE Reproductive Health Services
for Men & Women in North Carolina

Be Smart. Be Ready.

FREE Reproductive Health Services for Men & Women in North Carolina



The Be Smart family planning program is designed to reduce unintended pregnancies and improve the well-being of children and families in North Carolina. The program provides family planning services to eligible men and women.

- FREE service
- NO CO-PAY required

- **Don't start a family before you're ready**
- **Protect yourself from HIV/AIDS & other STDs**
- **Give mothers & babies a better chance of being healthy**



Who can apply for Be Smart?

- Women ages 19–55 and men ages 19–60 in need of family planning may apply for benefits.
- An applicant must be a U.S. citizen or qualified alien and a resident of North Carolina.
- An applicant's income must meet federal requirements (includes moderate incomes— call for details).
- Other requirements may apply.

What does Be Smart provide?

The program provides:

- Initial, annual and periodic family planning office visits
- Family planning counseling visits
- Pregnancy tests
- Contraceptive supply visits
- Medicaid-covered FDA-approved birth control methods (excludes diaphragms & condoms)
- Voluntary sterilization including tubal ligations and vasectomies
- Lab tests
- Screening for HIV (Human Immunodeficiency Virus)
- Limited screening and treatment for STDs
- Pap smears

Where can I go for these services?

Any participating family planning provider enrolled with Medicaid can provide Be Smart services:

- Physicians
- Local health departments
- Nurse practitioners
- Federally qualified health centers
- Rural health clinics
- Family planning agencies
- Birthing centers
- Nurse midwives

How do I apply?

Applications for Be Smart family planning benefits are available from:

- County Department of Social Services
- Local health department
- Online at <http://www.dhhs.state.nc.us/dma>

Return your completed application by mail or in person to your county Department of Social Services.

How long does it take to get approved?

Most applications are evaluated and processed within 45 days.

Who do I call with questions?

Call your local Department of Social Services or local health department at the number listed in your local phone book, or the North Carolina Family Health Resource Line at 1-800-367-2229.

It's Up to You.
Ask how you can Be Smart
1-800-367-2229
(TTY: 1-800-976-1922)
<http://www.dhhs.state.nc.us/dma>